

**2010
O'Highlands Jig & Jog 5K**

Virginia Highlands, Atlanta



**Saturday
March 13, 2010
8 a.m.**

Register early for this fun St. Patrick's Day 5K in the popular Virginia Highlands neighborhood. Races closes at 500 or March 3rd, whichever comes first. Irish music & loads of fun! Walkers welcome. Kids in strollers & dogs on leashes okay. Wear the best Irish costume and win \$25 cash! Stick around after the race to check out neighborhood watering holes for good food & drinks.

REGISTRATION: NO RACE DAY REGISTRATION!

Fee: \$20 if paid by 2/10; \$25 afterward

Packet pick up 6:30 - 7:30 am at Doc Chey's Noodle House,
1424 N. Highland Ave, Atl 30306 (Race start/finish in same area)

- Registration methods:
- www.active.com
- www.Running4Fitness.com (download form)
- www.rungeorgia.com (download form)
- U.S. Mail – see below
- Registration outlet at Phidippides, Ansley Mall or Sandy Springs www.phidippides.com

Early pick-up at Phidippides Ansley on the following dates: 3/5, 3/6, 3/8, 3/9, 3/10.

TROPHIES: Overall M & F, Masters M & F, and 3-Deep each age group in 5 year increments: 10 & under thru 70 & over. Phidippides gift cards for Overall M & F and Masters M & F winners.

COSTUME CONTEST – \$25 PRIZE!

M & F Best Kid Costume (12 & under)

M & F Best Teen Costume (13 – 19)

M & F Best Adult Costume (20 & up)

T-SHIRTS: Green 100% cotton shirts with festive theme

RACE INFO (404) 327-7738

www.Running4Fitness.com

roadraceservices@comcast.net

PRIZES! Shamrock beads for all participants! Pot O' Gold drawings for lots of great prizes from local running stores, Doc Chey's and other local restaurants.

----- Race is rain or shine—No Refunds--

REGISTRATION FORM: O'HIGHLANDS JIG & JOG – March 13, 2010 – 8: 00 a.m.

Checks payable to: Running4Fitness Mail: O'Highlands Jig & Jog, 978 Scott Circle, Decatur, GA 30033

NAME:

AGE:

STREET ADDRESS

CITY/STATE/ZIP

[] MALE

[] FEMALE

EMAIL:

PHONE:

T-SHIRT SIZE: [] SMALL [] MEDIUM [] LARGE [] XLARGE

Waiver: I know that running a road race is a potentially hazardous activity. I am in proper physical condition to compete in this run/walk and assume all risks associated with my participation, including but not limited to falls, contact with other participants, the effects of the weather including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I will not wear head sets or any device that restricts my hearing or other perception. Inconsideration of this entry, for myself and anyone entitled to act on my behalf, I waive and release all race officials, volunteers, sponsors, and any others associated with this event from legal liability. Furthermore, I hereby grant the agents of this event permission to use photographs, videotapes, motion pictures, recording or other record of use in this event for legitimate purposes.

Signature (Parent/Guardian for minor child)

Date

Running4Fitness.com

